



FREE TO TAKE HOME!

FEBRUARY-MARCH 2016 EDITION



■ Sleep Apnoea



■ Glue Ear



■ The Importance of Reading



■ Keep It Simple!

YOUR NEXT APPOINTMENT:

ENJOY THIS FREE NEWSLETTER

Please remember that decisions about medical care should be made in consultation with your health care provider so discuss with your doctor before acting on any of the information.
www.healthnews.net.au

● **DOCTORS & THEIR INTERESTS**

Dr Betty Patapis – MBBS, FRACGP
Women & Children's Health

Dr Elaine Caplan – MBBS
General Medicine

Dr Robert Vial - MBBS, BMedSc, FRACGP, FACNEM
General and Nutritional Medicine

Dr Fung Cheung – MBBS, FRACGP
Minor Surgery

Dr Christel Romano – MBBS
Women and Children's Health

Dr David Mark – MBBS, FRACGP
General Medicine

Dr John McCririck – MBChB
General Medicine

Dr Paul Klemes – MBBS, FRACGP
General Medicine

Dr John Cooper – MBBS
General Medicine

Dr Lakshmi Kadaba – MBBS
General Medicine

Dr Rachel Pamplin – MBBS
General Medicine

Dr Robert Barron – MBBS

Dr Cliff Turner – MBBS
General Medicine

Dr Michael Tan – MBBS
General Medicine

Dr Vivienne Miller – MBBS, FRACGP, DRACOG, DCH, MAPM, MWAME

Dr Guang Qin - MBBS

● **ALLIED HEALTH PROFESSIONALS**

Trish Orr Physiotherapy

Neeti Chadha Audiologist

Tanya Bonner Psychologist

Lynda Hamilton Dietitian

Joanne Schmidt Psychologist

Available for appointment Mon-Sat. Please call **9998 3400** for appointments.

● **SURGERY HOURS**

Monday to Friday 7am – 9pm
Saturday 7am – 8pm
Sunday 8am – 6pm
Public Holidays 8am – 6pm

● **PHARMACY 9998 1900**

Monday to Friday 7.30am – 9pm
Saturday 8am – 8pm
Sunday 8am – 6pm

BULK BILLING MEDICAL CENTRE

● **APPOINTMENTS**

Privately billed appointments are available 9am - 5pm Monday to Friday with all Doctors. Please enquire at Reception or phone the Centre.

Booking a long appointment. If you want an insurance medical, review of a complex health problem or a procedure etc., please book a longer appointment.

● **AFTER HOURS & EMERGENCY**

National Home Doctor Service Ph: **13 74 25**

Bulk billed home visits are available. Patients can call from 4pm weekdays, Saturday from 10am and all day Sunday & public holidays.

● **OTHER SERVICES OFFERED**

- Pathology
- Dentist (Private Billed)
- Menopause Counselling
- Skin Cancer Checks
- Family Planning
- Vaccinations
- Medicals
- Minor Surgery
- STD checks
- X-Ray

● **BILLING ARRANGEMENTS**

The Centre bulk bills all patients who present with a Medicare Card. Private appointments are available. Fees are displayed at reception.

Workers Compensation, ancillary services and overseas are charged AMA rates. Fees vary according to the complexity of the service or if a procedure is performed.

Payments can be made by **cash, cheque, Visa, Mastercard and EFTPOS.**

● **SPECIAL PRACTICE NOTES**

Patient Feedback. We welcome your comments or suggestions. Please feel free to talk to your GP or the Practice Manager regarding any issues. If you prefer, you can contact the Health Care Complaints Commission, LOCKED BAG 18, Strawberry Hills 2012.

Test Results. Results are reviewed by the doctors and acted on in a timely manner, with your health in mind. We will contact you if necessary.

Communication. A doctor is available during normal surgery hours for emergency advice. Our staff are experienced in deciding the appropriate response to any phone request.

Patient Privacy. This practice protects your personal health information to ensure it is only available to authorised staff members for the intended purposes and to comply with the Privacy Act. To obtain a copy of our Privacy Statement or your medical records, please ask.

Trish Orr is the director of physiotherapy and whilst she has an extensive background in sports and orthopaedic physiotherapy, she has been specialising in pelvic health for a number of years and has a keen interest in preventing falls in the elderly population.



▶ **Please see the Rear Cover for more practice information.**

Sleep Apnoea

This occurs when the walls of the throat collapse during sleep, obstructing the upper airway. Breathing can stop until the brain recognises a drop in oxygen and sends a 'wake-up call' that rouses the sleeper. In turn the airway opens with a snort or gasp after which the person goes back to sleep.

Up to five episodes an hour is considered normal. Severity varies from mild (5-15 episodes an hour) to severe (over 30). Your sleeping partner often notices first. Up to one in four men may have this condition but even infants can get it. Not everyone who snores has sleep apnoea.

Risk factors include being overweight, alcohol consumption, some medications, large tonsils, underactive thyroid and nasal congestion. Symptoms (apart from snoring and waking unrefreshed) include excessive tiredness, reduced concentration, irritability and reduced libido.

Sleep apnoea increases the risk of high blood pressure and heart attack.

Diagnosis is via a sleep study, where you are monitored overnight. Treatment starts with weight loss and reducing alcohol consumption and managing specific causes such as large tonsils. These can lead to significant improvement. Mouth splints at night may also help. For a few, surgery on the palate is beneficial.



The mainstay of treatment is a continuous positive airway pressure (CPAP) machine, which forces moistened air, via a mask, through the back of the throat to keep it open. Unfortunately, not everyone can tolerate this.

 Weblink www.betterhealth.vic.gov.au

Glue Ear

Many children suffer a middle ear infection. Some get recurrent infections and may develop 'glue ear' where mucous builds up in the middle ear.

It can occur without ear infection (e.g. allergies) and fortunately, often resolves without need for treatment. If glue ear persists, hearing and speech development can be affected.

How do we pick glue ear? Some children have no symptoms. Others get pain or pressure in the ear. Parents or teachers may notice the child's hearing is impaired. Younger children may present as irritable or have problems sleeping.

If your child has ear ache, get it checked by your GP. A red drum, seen using a doctor's auroscope, signifies infection. If fluid is present, the drum looks opaque instead of clear. Tympanometry, which measures the 'bounce' in an intact eardrum, is used to diagnose and monitor progress by indirectly measuring pressure in the middle ear.



If infection is present a course of antibiotics may be needed. Children with recurrent infections and any impact on hearing may need a grommet tube inserted in the eardrum. This allows pressure to equalise and fluid to drain from the middle ear. It is performed by an ENT surgeon.

The tubes generally fall out over time, though some may need to be removed surgically. A small number of children need more than one set of grommets.

 Weblink www.rch.org.au

Keep It Simple!

Parents are always looking for ways to get children to eat more vegetables.

Researchers at a Texas university may have found a remarkably simple solution. After studying plate waste data from 8500 children in primary schools (where school lunch is provided), they found that one variable affected children eating their greens – what else was on the plate!

For two decades, psychologists have noted how food pairing influences the attractiveness of foods and vegetables rarely win a child's affection.

So the solution is to serve vegetables by themselves as a first course, when kids are hungriest. Tests found this method quadrupled their vegetable consumption. Reducing choice makes it easier to make the right one!



Questions for Your Home Partner

- A tympanogram measures pressure in the what?
- What can you do yourself that will often greatly relieve sleep apnoea?
- Mobile phone Apps can help you and your doctor monitor raised blood sugars. Do you know any?
- Overdoing it can worsen rheumatoid arthritis and other lifestyle factors can help. What are they?
- How does choice alter vegetable eating in children?

Gestational Diabetes

Some women get abnormally raised blood glucose (sugar) during pregnancy, usually in the third trimester. Gestational diabetes (GDM) affects about 8-10% of pregnancies and diagnostic criteria have recently changed, lowering the threshold for diagnosis.

There are generally no symptoms. It is diagnosed via a blood test, the glucose tolerance test (GTT), between weeks 24 and 28.

Risk factors include being over 40, excess weight, a family history of diabetes, previous gestational diabetes and polycystic ovarian syndrome.

The key is lifestyle measures. This means controlled weight gain in pregnancy and eating a diet rich in vegetables and low in foods with increased added or some natural sugars (i.e. high glycaemic index). Regular exercise such as walking also helps control blood sugar, while some women may need oral medication or insulin to help.

After giving birth, breastfeeding seems to help reduce weight and blood sugar. All women with GDM are advised a follow up GTT between 6-12 weeks after delivery. There is a 50% risk of developing type 2 diabetes in the next 20 years, so regular testing is recommended.

 Weblink www.diabetesaustralia.com.au



The Importance of Reading to children

It is nice to know that something 'old fashioned', inexpensive and easy to do still makes a big difference. Reading to young children has been shown to stimulate the language processing part of the brain in 3-5-year-olds.

This is not a surprise. We know that young children learn by observing their world. The more words they hear, the more words they learn and start to use. It's also a pleasurable time for both child and parent and precious quality bonding time.

So get out the book, the tablet or kindle and establish a regular reading routine with your children.

Rheumatoid Arthritis

This is the second most common form of chronic arthritis, an autoimmune disorder.

Autoimmune illnesses mean the body produces antibodies against part of itself. Particular joints, typically hands, feet and knees (but can be others), become inflamed. The cause is unknown. There may be genetic factors. It affects an estimated 2% of the population with women more likely to be affected than men. In adults (there is a juvenile form), it can start at any age.

Typical symptoms are pain, heat and swelling of the affected joints. The joints may become stiff and, over time, deformed. Fatigue and muscle weakness may also occur.

If suspected your doctor will send you for various tests. A positive rheumatoid factor blood test clinches the diagnosis.



However, there is also a version where rheumatoid factor is not positive. You will likely be referred to a rheumatologist.

It is important to start treatment early to reduce symptoms, improve quality of life and slow the disease's progress. Anti-inflammatory medications (NSAID) can ease joint swelling and pain but can cause stomach upset. Disease modifying agents (of which there are quite a few)

can slow progress and physiotherapy can help symptoms. Some people need joint surgery.

Lifestyle measures include appropriate exercise, maintaining a healthy body weight (and eating a balanced diet), relaxation and use of aids and equipment. Fish oils may be beneficial.

 Weblink www.betterhealth.vic.gov.au

Hyperformance Physio@ Gateway Medical Centre

The physiotherapy services now available at Gateway Medical Centre are expanding. In addition to already catering to; general, sports and work related injuries, upper and lower back pain problems, the following services will NOW also be available. Health fund rebates apply and EPC plans are accommodated.

Pelvic Health Assessment & Treatment

Do you suffer from any form of urinary incontinence?

Do you need to wear daily pads to manage your bladder?

Do you suspect you may have a prolapse that is causing you concern?

Are you afraid to go out because you are concerned about having accidents?

If any of these issues are concerning you, we now have a female physiotherapist available at Gateway Medical Centre who specialises in this area. Should you have any needs in this area you would like to have assessed, treated and properly managed do not hesitate to make an appointment.

Clinical Pilates & Core Strengthening

Do you suffer from poor posture?

Do you have pain at the end of the day due to poor ergonomic set up?

Do you suffer from back or pelvic pain and would like to know how to strengthen properly?

If any of these issues are concerning you, we now have a female physiotherapist available at Gateway Medical Centre who specialises in clinical Pilates. Classes will be run from after Easter both on an individual and group basis with group numbers limited to 4 clients at a time.

Complete Hearing Care

Can help people improve the quality of their lives in Mona Vale and surrounding areas. We provide excellent service to our patients by diagnosing your hearing problem providing you with the best solution for your lifestyle. Conveniently located within Gateway Medical Centre, Complete Hearing Care are here to assist with all your hearing concerns. Please contact us on: 9999 6314

SIMPLE SEAFOOD PAELLA

Serves 4-6. Cooking time 30 to 40 minutes.

Ingredients

- ½ cup olive oil
- 1 large diced onion
- 2 cups Spanish rice
- 4 garlic cloves, chopped
- 2 large pinches of Spanish saffron threads soaked in ½ cup water
- 1-2 tsp smoked paprika
- chilli flakes to taste - about 1 tsp
- 10 small tomatoes, finely chopped
- ¼ cup chopped fresh parsley
- Tomato sauce - about ½ a cup
- Chicken Stock about 3 cups
- Salt if desired
- Approx 10 prawns - 500g prawns or large shrimp of your choice, peeled and deveined

Heat oil in large flat frying pan. Add onion garlic cook for 3-5 mins.

Add rice - make sure all rice is covered by oil - 3 mins.

Add saffron and smoked paprika.

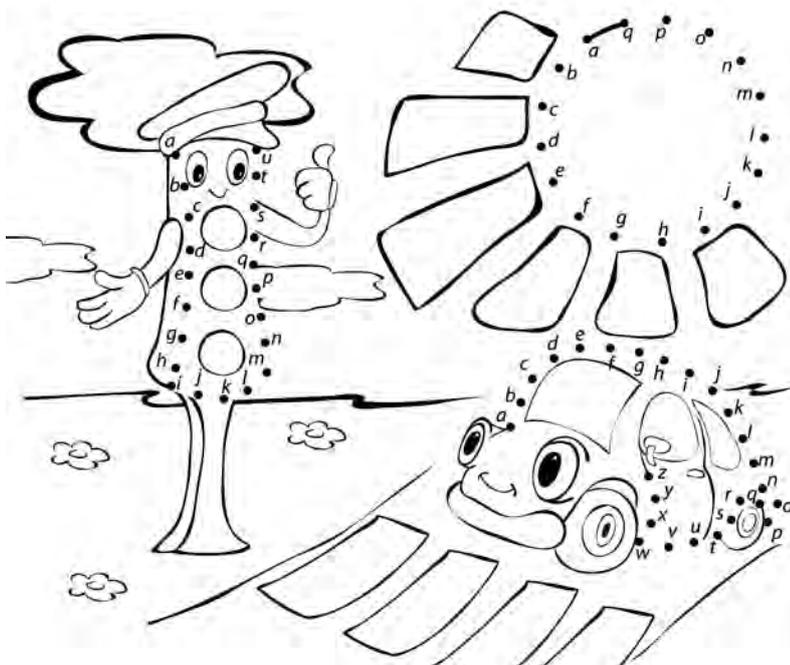


Add chicken stock - small amounts until all stock is absorbed.

Add all other ingredients except prawns. Add prawns on low heat - cook for 5 mins in rice mixture.

Allow to stand for 15 minutes before serving.

DOT TO DOT



Laughter - the Best Medicine!

■ An elderly man was stopped by the police around 2am and was asked where he was going at that time of night.

The man replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late."

The officer then asked, "Really? Who's giving that lecture at this time of the night?"

The man replied, "that sir, would be my wife!"

■ A pipe burst in a doctor's house.

He called a plumber. The plumber arrived, unpacked his tools, did some mysterious plumber-type things for a while, and handed the doctor a bill for \$600.

The doctor exclaimed, "This is ridiculous, I don't even make this much money!"

The plumber replied, "Neither did I when I was a doctor".

